

## Maine CDC WIC Nutrition Program

### Maximum Food Benefits Guidance—FFY16

Participant Category	Default Monthly Food Benefits	Additional Notes
Child (age 12 months through 60 months)	<p><b>Milk:</b> 13 quarts</p> <p><b>Cheese:</b> 1 pound</p> <p><b>Eggs:</b> 1 dozen</p> <p><b>Peanut Butter or Legumes:</b> 1 jar <u>or</u> 1 lb. dry <u>or</u> 4 cans beans/peas/lentils</p> <p><b>Juice:</b> (2) 64 oz bottles</p> <p><b>Cereal:</b> 36 oz</p> <p><b>Whole grains:</b> 2 lb.</p> <p><b>F/V voucher:</b> \$8</p> <div>Max milk amount: 16 qts</div>	<ul style="list-style-type: none"> <li>• Age 12-23 months: whole milk only <ul style="list-style-type: none"> <li>• 1% or nonfat milk available per nutrition assessment which documents need</li> </ul> </li> <li>• Age 24-60 months: 1%/nonfat milk only <ul style="list-style-type: none"> <li>• 1 ½% or 2% milk available per nutrition assessment which documents need</li> </ul> </li> <li>• Cheese maximum: 1 pound per month <ul style="list-style-type: none"> <li>• 1 pound cheese = 3 quarts milk</li> </ul> </li> <li>• Yogurt maximum: 1 quart per month <ul style="list-style-type: none"> <li>• 1 quart yogurt = 1 quart milk</li> <li>• Age 12-23 months: whole fat only</li> <li>• Age 24-60 months: lowfat/nonfat only</li> </ul> </li> <li>• Soy beverage, tofu: per nutrition assessment which documents need <ul style="list-style-type: none"> <li>• 1 quart soy beverage = 1 quart milk</li> <li>• 1 pound tofu = 1 quart milk; maximum 4 pounds per month</li> </ul> </li> </ul> <p>Maximum cheese, yogurt, and tofu combination as substitute for milk : 4 quarts of fluid milk</p>

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<p><b>Pregnant</b></p> <p><b>Note:</b> These benefits also issued to breastfeeding women whose baby is receiving up to ½ the formula amount issued to a nonbreastfed baby (categorized as <b>Partially Breastfeeding</b>)</p>	<p><b>Milk:</b> 19 quarts <span>Max milk amount: 22 qts</span>  <b>Cheese:</b> 1 pound  <b>Eggs:</b> 1 dozen  <b>Peanut Butter:</b> 1 jar  <b>Legumes:</b> 1 lb. dry <u>or</u> 4 cans beans/peas/lentils  <b>Juice:</b> (3) 11.5-12 oz. (frozen or shelf stable concentrate)  <b>Whole grains:</b> 1 lb.  <b>Cereal:</b> 36 oz.  <b>F/V voucher:</b> \$11</p>	<ul style="list-style-type: none"> <li>1%/nonfat milk only <ul style="list-style-type: none"> <li>1 ½% or 2% milk available per nutrition assessment which documents need</li> </ul> </li> <li>Cheese maximum: 1 pound per month <ul style="list-style-type: none"> <li>1 pound cheese = 3 quarts milk</li> </ul> </li> <li>Lowfat/nonfat yogurt maximum: 1 quart/month <ul style="list-style-type: none"> <li>1 quart yogurt = 1 quart milk</li> </ul> </li> <li>Soy beverage, tofu: available upon request <ul style="list-style-type: none"> <li>1 quart soy beverage = 1 quart milk</li> <li>1 pound tofu = 1 quart milk; maximum 4 pounds per month</li> </ul> </li> </ul> <p>Maximum cheese, yogurt, and tofu combination as substitute for milk : 4 quarts of fluid milk</p>
<p><b>Exclusive Breastfeeding (woman with one infant)</b></p> <p>- OR -</p> <p><b>Pregnant with Multiples</b></p> <p>- OR -</p> <p><b>Woman Partially Breastfeeding Multiples</b></p> <p>- OR -</p> <p><b>Woman Both Pregnant <u>and</u> Fully/Partially Breastfeeding an Infant under 12 Months of Age</b></p>	<p><b>Milk:</b> 21 qts <span>Max milk amount: 27 qts</span>  <b>Cheese:</b> 2 lb.  <b>Eggs:</b> 2 dozen  <b>Peanut butter:</b> 1 jar  <b>Legumes:</b> 1 lb. dry <u>or</u> 4 cans beans/peas/lentils  <b>Fish:</b> 30 oz.  <b>Whole grains:</b> 1 lb.  <b>Cereal:</b> 36 oz.  <b>Juice:</b> (3) 11.5-12 oz. (frozen or shelf stable concentrate)  <b>F/V voucher:</b> \$11</p>	<ul style="list-style-type: none"> <li>Lowfat/skim milk only <ul style="list-style-type: none"> <li>1 ½% or 2% milk available per nutrition assessment which documents need</li> </ul> </li> <li>Cheese maximum: 1 pound per month <ul style="list-style-type: none"> <li>1 pound cheese = 3 quarts milk</li> </ul> </li> <li>Lowfat/nonfat yogurt maximum: 1 quart/month <ul style="list-style-type: none"> <li>1 quart yogurt = 1 quart milk</li> </ul> </li> <li>Soy beverage, tofu: available upon request <ul style="list-style-type: none"> <li>1 quart soy beverage = 1 quart milk</li> <li>1 pound tofu = 1 quart milk; maximum 4 pounds per month</li> </ul> </li> </ul> <p>Maximum cheese, yogurt, and tofu combination as substitute for milk : 4 quarts of fluid milk</p>

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<p><b>Non-Breastfeeding</b></p> <p><b>Note:</b> These benefits also issued to breastfeeding women whose baby receives more than ½ the formula amount issued to a nonbreastfed baby until the baby's 6 month birthday (categorized as <b>Some Breastfeeding</b>).</p> <p>After the infant turns 6 months, no food benefits are issued to the breastfeeding woman; however, she remains an active participant for nutrition education, breastfeeding support and referrals.</p>	<p><b>Milk:</b> 13 qts</p> <p><b>Cheese:</b> 1 lb</p> <p><b>Peanut Butter <u>or</u> Legumes:</b> 1 jar <u>or</u> 1 lb. dry or 4 cans beans/peas/lentils</p> <p><b>Cereal:</b> 36 oz.</p> <p><b>Eggs:</b> 1 dozen</p> <p><b>Juice:</b> (2) 11.5-12 oz. (frozen or shelf stable concentrate)</p> <p><b>F/V Voucher:</b> \$11</p>	<p><i>Max milk amount: 16 qts</i></p>	<ul style="list-style-type: none"> <li>• Lowfat/skim milk only <ul style="list-style-type: none"> <li>• 1 ½% or 2% milk available per nutrition assessment which documents need</li> </ul> </li> <li>• Cheese maximum: 1 pound per month <ul style="list-style-type: none"> <li>• 1 pound cheese = 3 quarts milk</li> </ul> </li> <li>• Lowfat/nonfat yogurt maximum: 1 quart/month <ul style="list-style-type: none"> <li>• 1 quart yogurt = 1 quart milk</li> </ul> </li> <li>• Soy beverage, tofu: available upon request <ul style="list-style-type: none"> <li>• 1 quart soy beverage = 1 quart milk</li> <li>• 1 pound tofu = 1 quart milk; maximum 4 pounds per month</li> </ul> </li> </ul> <p>Maximum cheese, yogurt, and tofu combination as substitute for milk : 4 quarts of fluid milk</p>

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<b>Fully Breastfed Infant</b>	<ul style="list-style-type: none"> <li>• <b>Birth-6 months:</b> mom's milk</li> <li>• <b>6-12 months:</b> <ul style="list-style-type: none"> <li>• <b>Infant cereal:</b> 24 oz.</li> <li>• <b>Infant fruits/vegs:</b> 256 ounces</li> <li>• <b>Infant meats:</b> 77.5 ounces (must enter in SPIRIT as 78oz)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Infants 9-11 months may receive a \$8 cash value voucher for fresh fruits and/or vegetables in lieu of 128 ounces infant fruits and/or vegetables</li> </ul>
<p><b>Partially Breastfed Infant</b></p> <p><b>Note:</b> Formula issued to partially breastfed infants <b>must be tailored</b> to the amount needed per day (ounces per day X 31 days = total ounces per month; total for month ÷ reconstituted ounces per can = total number of cans per month)</p>	<ul style="list-style-type: none"> <li>• <b>Birth-1 month:</b> 1 can powdered formula</li> <li>• <b>1-3 months:</b> <ul style="list-style-type: none"> <li>• 435 reconstituted oz powdered formula ★ <u>or</u></li> <li>• 14 cans concentrate <u>or</u></li> <li>• 12 cans ready to feed</li> </ul> </li> <li>• <b>4-5 months:</b> <ul style="list-style-type: none"> <li>• 522 reconstituted oz powdered formula ★ <u>or</u></li> <li>• 17 cans concentrate <u>or</u></li> <li>• 14 cans ready to feed</li> </ul> </li> <li>• <b>6-12 months:</b> <ul style="list-style-type: none"> <li>• 384 reconstituted oz powdered formula ★ <u>or</u></li> <li>• 12 cans concentrate <u>or</u></li> <li>• 10 cans ready to feed</li> <li>• <b>Infant cereal:</b> 24 oz</li> <li>• <b>Infant fruits/vegs:</b> 128 ounces</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Infants 9-11 months may receive a \$4 cash value voucher for fresh fruits and/or vegetables in lieu of 64 ounces infant fruits and/or vegetables</li> <li>• Infants age 6-12 months with medical documentation that they are unable to consume solid foods may be issued the 4-5 month amount of formula</li> <li>• Ready to feed formula may be issued if the counselor assesses: <ul style="list-style-type: none"> <li>• The water supply is unsafe</li> <li>• The parent is unable to mix the formula according to standard mixing instructions</li> <li>• The formula only comes in ready to feed</li> </ul> </li> <li>• Infants who need a medical formula as prescribed by a health care provider may receive ready to feed if: <ul style="list-style-type: none"> <li>• That form of the formula better accommodates the infant's medical condition <u>or</u></li> <li>• That form of the formula improves the infant's compliance in consuming the prescribed amount of formula</li> </ul> </li> </ul>

★ For reconstitution amounts per can of powdered infant formula, see Maine CDC WIC Nutrition Program Formulary. Formulary is posted on the program's website ([www.wicforme.com](http://www.wicforme.com)). Tab *For Health Providers* contains information on formulas, with chapters addressing specific medical conditions and the recommended formulas for use by age of participant.

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<p><b>Nonbreastfed Infant</b></p> <p><b>Note:</b> These benefits also issued to babies who receive more than ½ the full formula amount provided to nonbreastfed infants. Formula issued to these babies, designated as “Some Breastfeeding”, must be tailored to meet actual needs, using same calculation method as for Partially Breastfed Infants.</p>	<ul style="list-style-type: none"> <li>• <b>Birth-3 months:</b> <ul style="list-style-type: none"> <li>• 870 reconstituted oz powdered formula ★ <u>or</u></li> <li>• 31 cans concentrate <u>or</u></li> <li>• 26 cans ready to feed</li> </ul> </li> <li>• <b>4-5 months:</b> <ul style="list-style-type: none"> <li>• 960 reconstituted oz powdered formula ★ <u>or</u></li> <li>• 34 cans concentrate <u>or</u></li> <li>• 28 cans ready to feed</li> </ul> </li> <li>• <b>6-12 months:</b> <ul style="list-style-type: none"> <li>• 696 reconstituted oz powdered formula ★ <u>or</u></li> <li>• 24 cans concentrate <u>or</u></li> <li>• 20 cans ready to feed</li> <li>• <b>Infant cereal:</b> 24 oz</li> <li>• <b>Infant fruits/vegs:</b> 128 ounces</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Infants 9-11 months may receive a \$4 cash value voucher for fresh fruits and/or vegetables in lieu of 64 ounces infant fruits and/or vegetables</li> <li>• Infants age 6-12 months with medical documentation that they are unable to consume solid foods may be issued the 4-5 month amount of formula</li> <li>• Ready to feed formula may be issued if the counselor assesses: <ul style="list-style-type: none"> <li>• The water supply is unsafe</li> <li>• The parent is unable to mix the formula according to standard mixing instructions</li> <li>• The formula only comes in ready to feed</li> </ul> </li> <li>• Infants who need a medical formula as prescribed by a health care provider may receive ready to feed if: <ul style="list-style-type: none"> <li>• That form of the formula better accommodates the infant’s medical condition <u>or</u></li> <li>• That form of the formula improves the infant’s compliance in consuming the prescribed amount of formula</li> </ul> </li> </ul>

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